

# THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



An exclusive, members only – “XR TO GO” publication

By Eddie Henry, XR Lifestyles, July 2016 – Issue 12

Most people find that goals are easier to achieve when a plan is broken down and simplified. Simple programs are convenient which leads to consistency, and the only way anyone ever sees results is while being consistent. I find myself receiving about five food diaries weekly for analysis, and for the most part, people are really overthinking and overcomplicating their nutrition. I get it. Everywhere you turn there are more and more options for diets that “work.” This information overload creates confusion and frustration because, ultimately, everyone is different and needs different strategies to achieve their goals. When I really look into food diaries, I find people tend to have roughly 10 foods they consume most often. If you can simply identify these 10 foods and make them work for you by making them cleaner and healthier, everything else will usually fall into place.

The media grossly overcomplicates the world of nutrition. I believe all of these highly marketed “superfoods” we are being told to eat are fine and fun for some people. I typically try to incorporate “new and holistic foods” into my diet when convenient and cost efficient, but these superfoods are not always necessary. In

fact, they are very rarely needed to achieve goals. For example, when you look at centenarians from around the globe, they keep it very simple. They tend to eat a few basic and indigenous items to their area and don’t stray far from that. They are very happy and healthy keeping their nutrition simple. From whale blubber to bacon to coffee to rice, it can all work for you. What you don’t see them eating are fancy, exotic fruits, kale salads, kombucha elixir’s, and essential oils to name a few. Don’t stress yourself out by overcomplicating your diet. Keep it simple!

First, write a detailed food diary to see what you are actually eating. If you see that you have bread, yogurt, hummus, chips, and chicken most days, then that’s your starting point. You obviously like these foods, so enjoy them and make them work for you or life will suck. Make the yogurt the healthiest Greek yogurt or kefir you can find. A good Ezekiel, potato, or even living sourdough bread can all work in moderation. Find a natural chip option. I like sweet potato chips, good quality hummus, and free-range chicken. These foods can all be very healthy, but don’t add a bunch of oils, nut butters, fruits, and seeds to the mix UNLESS you

are eliminating something else or you are trying to gain weight. See if you can find a pattern with the foods you are consuming. Most people are consuming around 10 of the same foods day in and day out. That's not to say you can't improve on these 10 things, but chances are they can work for you.

I center my whole world around 11 things: eggs, avocados, coconut oil, spinach/kale, undenatured whey protein, kefir, filtered water, coffee, tea, sea salt, and lemons. That's it! 80% of the time, these are my go-tos in any given order. Sure, I mix in other spices, veggies, fruits, meats, supplements, etc. depending on the season and availability. However, for the most part, these 11 foods make me optimal in every way, and I love them! Here is my typical day... Upon waking at 5am, I have a glass of filtered water with sea salt and squeezed lemon. Breakfast is at 6am and consists of coffee or tea with coconut oil and a soft-boiled egg with sea salt. At 9 or 10am, I have a macha green tea with a soft-boiled egg and sea salt. Then at 1 or 2pm (post workout), I consume an undenatured whey protein shake mixed with avocado, kale/spinach, kefir, and filtered water. If I want to eat fruit, this time of day is when I have it, always post exercise. Sometimes I have a tea, coffee, or kombucha mid afternoon. Evening is where the other 20% variety really comes into play. Our family typically does a large stir-fry style dinner with as much variety as possible. Dinner is where my favorites like fish, grass fed beef, seasonal veggies, sweet potatoes, black beans, fermented foods and wines come in. I typically have a "sexy time" shake after dinner that consists of eggs, butter, nuts, and oils, which I will explain in the monthly recipe this month. 80% of my day consists of the 11 basics, and my last meal of the day, or the other 20% of the

time, I get a bit more creative and feed my cravings. This approach is very simple and convenient, and I have found this approach works well for most people.

*\* Remember just because these food choices work for me, doesn't mean they will necessarily work for you. We are all different with different goals. For my goals, I exist in cyclical ketosis with zero sugar consumption until post exercise in the early afternoon. I tend to carb-backload as well and have the majority of my carbs early afternoon.*

#### **Food of the Month:** Avocado oil

Avocado is right up there with coconut oil for me. It is a great source of vitamins and minerals, specifically potassium. Avocados are also a clean energy source with a nutrient profile very similar to olive oil. Since the fake olive oil scam hit a few years back, I prefer using avocado oil on all salads, and it's good to cook with because it has such a high smoke point of 500 degrees which is higher than coconut oil and ghee.

#### **Exercise of the Month:** Crow

Inversions are awesome, and handstands are next month's exercise, but we have to work up to them. Insert the pigeon. This exercise is a modified inversion that will give you the strength and balance to progress on to handstands. The spinal decompression and circulatory benefits of these exercises are huge and should be applied daily. Spread your hands a bit wider than shoulder width and tuck your knees in above your elbows. Work your way up to a minute. Just go for it and use a soft surface for crash landings. See picture below.



**Monthly Challenge:** Become a Supple Leopard

I challenge you to buy the book “Becoming a Supple Leopard” and apply the techniques to your injuries. This book and Dr. Starrett’s new book “Desk Bound” have the best information I’ve ever seen on preventive and corrective exercises that you can perform on your own to fix your broken ass. Find the chapters applying to you and heal up so we can train more efficiently and see results!

**Supplement Spotlight:** Sea Salt

Sea salt is not what most would think as a supplement, but if you eat really clean and primarily whole foods, you are probably deficient in salt without supplementation. Salt is required for all cellular activity, muscle contraction, hormone regulation, and much more. I try to get 1-2 tsps. of a good quality sea salt daily for ideal health and fitness.

**What’s Trending:** Weight Vest

There is no better way to add intensity to normal activities and stimulate even better results than a weight vest. I typically go about my daily business with a weight vest on an hour

before I eat to torch some extra fat. Here I’m wearing the hypervest from: [www.onnit.com](http://www.onnit.com).



**Monthly Goal:** Sweat Daily

Sweating acts as a conduit for toxins to get out of the body. This process also opens and cleans the pores during the act. Pair this with the strong endorphin high associated with sweating, and you’ve got a double slam-dunk. This isn’t rocket science, and “lying out” at the beach or pool doesn’t count. Get out there and grind it out everyday this month to sweat your ass off. You will look and feel better.

P.S. Bring a freaking towel if performing in my gyms!

**Q and A with the XR Professionals (sent in from members via email):**

**Q:** How can I curb my appetite after an intense bootcamp?

**A:** Lactic acid converts to glucose after intense exercise, and your body can actually feed on it post exercise as fuel. This lactic acid not only torches fat, but also will help curb your cravings and give you a bit more energy. So really blast the end of your workout and create a huge burn!

**Q:** What is your favorite safe plyometric to incorporate into my program? (My knees suck.)

**A:** I love trampolines! They stimulate lymphatic draining, which boosts your immunity, and create a great zero impact plyo. Trampolines make for a great workout, and you can really burn it up in response to the previous question. They can also get things moving if you want to work a trampoline before a deuce! Don't laugh. Some people need all the help they can get there. Check out the Jumpsport fitness trampoline: [www.jumpsport.com](http://www.jumpsport.com).

**A Final Note:**

The body only really heals when in the fasting state. When there is no food in your gut, then your GI can rest, restore, and heal. Don't think that adding a bunch of fancy ingredients into the mix is the magic bullet for health and longevity. Simplify your food to what I call "happy whole nutrition." Have a few real foods you enjoy and make them your base. Eat these foods every 3 or 4 hours or longer for energy and have enough time between meals to allow your stomach to heal. This way is how the majority of happy, successful, productive, and efficient people eat to achieve their goals.

**Monthly Recipe:** The Sexy Time Shake

Inspired by Timothy Ferriss, this shake is really for men, but yes, women can benefit from this as well. Why does this work you may ask? Testosterone is derived from cholesterol. Vitamin D and selenium are also precursors in testosterone production. The ingredients in this shake are full of these testosterone-boosting nutrients. In case you didn't know, testosterone creates the animal like instincts to attack if you know what I mean.

Nutritional info: Not important, the effects far outweigh any nutritional concerns. It's profound! Best if taken a few hours prior to... 1. Get a blender and add 2 tbsp. of grass fed butter, 2 pastured eggs, 5 Brazil nuts, 1 tbsp. coconut oil, 1 cup of raw whole milk (goat or dairy) or pasteurized whole milk is fine too. 2. Blend with ice. 3. Chug and beat your chest!

Since the majority of your testosterone is produced at night anyway, I tend to have these shakes often to optimize my levels. The shake tends to help me sleep better as well. Make sure to know your lipid panel before adding a bunch of cholesterol to your daily routine.

Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at [www.xrlifestyles.com](http://www.xrlifestyles.com), online training customized for your unique needs and goals.



